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### VEGAN RETAILERS

Eternal Abundance Grocery | 1025 Commercial (Grandview) | 604-707-0088  
[eternalabundance.ca](http://eternalabundance.ca) | Daily: 9am-9pm (Su: to 8pm)

Nice Shoes | 3568 Fraser @ E 19th (Riley Park) | 604-558-3000 | [niceshoes.ca](http://niceshoes.ca)  
Mo-Sa: 11am-6pm, Su: 12pm-5pm

Vegan Supply | [vegansupply.ca](http://vegansupply.ca) | Online (See main section for retail store)

### VEG-FRIENDLY RETAILERS

Bonjour Marketplace | 8496 Granville (Marpole) | 778-889-6865

Choices Markets | Abbotsford | Burnaby Crest | Burnaby Marine Way | Cambie  
Commercial Dr | Kelowna | Kerrisdale | Kitsilano | North Vancouver | South  
Surrey | Yaletown | [choicesmarkets.com](http://choicesmarkets.com)

Greens Market | 1978 W Broadway (Kits) | 604-568-3079 | [greensmarket.ca](http://greensmarket.ca)

Earth Market | 1722 Davie (W/End) | 778-379-0200 | [earth-market.com](http://earth-market.com)

Happy Veggie World | 13988 Cambie (Richmond) | 604-278-5519  
[happyveggieworld.com](http://happyveggieworld.com)

Sustainable Produce Urban Delivery | 604-215-7783 | [spud.ca](http://spud.ca)

Whole Foods Markets | W 8th @ Cambie (Fairview) | Robson @ Bidwell (W/End)  
W 4th @ Vine (Kits) | Main @ Marine (West Van) | [wholefoodsmarket.com](http://wholefoodsmarket.com)

### VEGAN ONLINE ORDERING

Hooray Truffles | [hooraytruffles.com](http://hooraytruffles.com)

Vogue Cakes | [voguecakes.com](http://voguecakes.com)

PlantBase Food and Natural Products | [plantbasefood.com](http://plantbasefood.com)

### VEGAN PRODUCTS

craveconscious.ca | [daiyafoods.com](http://daiyafoods.com) | [fieldroast.com](http://fieldroast.com) | [gardein.com](http://gardein.com)  
[glutenull.com](http://glutenull.com) | [livinglotus.net](http://livinglotus.net) | [myvega.com](http://myvega.com) | [onedegreeorganics.com](http://onedegreeorganics.com)  
[silverhillsbakery.ca](http://silverhillsbakery.ca) | [veganyarn.com](http://veganyarn.com) | [zimt.ca](http://zimt.ca)

GET SOCIAL [meetup.com/MeatlessMeetup](http://meetup.com/MeatlessMeetup) | [meetup.com/VegVan](http://meetup.com/VegVan)

FARMERS MARKETS [eatlocal.org](http://eatlocal.org) | [bcfarmersmarket.org](http://bcfarmersmarket.org)

### CLASSES

[chefskinner.com](http://chefskinner.com) | [feedlife.ca](http://feedlife.ca) | [feelgoodguru.com](http://feelgoodguru.com) | [platesforplants.com](http://platesforplants.com)  
[synergynutrition.ca](http://synergynutrition.ca) | [lowimpactlab.com](http://lowimpactlab.com)

### CAUSES, FRIENDS & MORE

[animalvoices.org](http://animalvoices.org) | [barnivore.com](http://barnivore.com) | [eleanorboyle.com](http://eleanorboyle.com) | [ethicalelephant.com](http://ethicalelephant.com)  
[furbearerdefenders.com](http://furbearerdefenders.com) | [gomaapp.com](http://gomaapp.com) | [govegan.net](http://govegan.net) | [laura-leah.com](http://laura-leah.com)  
[liberationbc.org](http://liberationbc.org) | [meatlessmonday.ca](http://meatlessmonday.ca) | [mercyforanimals.ca](http://mercyforanimals.ca)  
[nutrispeak.com](http://nutrispeak.com) | [nutritionfacts.org](http://nutritionfacts.org) | [plantfoodscouncil.org](http://plantfoodscouncil.org) | [pcrm.org](http://pcrm.org)  
[vancouverhumanesociety.bc.ca](http://vancouverhumanesociety.bc.ca) | [vancouverislandvegan.com](http://vancouverislandvegan.com) | [veg.ca](http://veg.ca)  
[theveganproject.ca](http://theveganproject.ca) | [theveganrd.com](http://theveganrd.com)

### EARTHSAVE CANADA

A VANCOUVER-BASED REGISTERED CHARITY HELPING  
PEOPLE CHOOSE FOODS THAT BENEFIT OUR HEALTH,  
THE ENVIRONMENT, AND THE LIVES OF ANIMALS.

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## Why more Veg?

### BETTER HEALTH

The World Health Organization has found that a diet low in animal products, while also higher in vegetables and fruit, was associated with a lower risk of heart disease, stroke, osteoporosis, type 2 diabetes, and various cancers. A plant-based diet rich in fiber, folic acid, and antioxidants is also associated with lower cholesterol, blood pressure and body fat. From children to seniors, a more plant-based diet is a safe and highly recommended way of preventing chronic disease and maintaining a healthy weight. **Prevention is the best prescription.**

### A SUSTAINABLE FUTURE

We can make an incredible impact on the environment and slow global warming simply by eating lower on the food chain. It requires an average of 6kg of plant protein to produce 1kg of animal protein, and 100 times more water. The UN reports that animal agriculture is responsible for 14%-25% of global warming emissions worldwide, with cattle ranches and feed production accounting for over 70% of deforestation in the Amazon. The growing livestock sector is the largest source of water pollution worldwide. **The time to act is now.**

### COMPASSION FOR ALL

A kinder diet is the key to saving billions of animals. Much like humans, dairy cows carry a single calf for 9 months. Kept almost constantly pregnant, the mothers are cruelly separated from their calves after birth, and later slaughtered when milk production slows. The egg industry destroys millions of male chicks each year as they are not considered profitable. Pigs are routinely subjected to treatment that would certainly be illegal if inflicted upon a cat or dog. **Don't all creatures deserve compassion?**

### COMMUNITY & SOCIAL JUSTICE

More can be fed on a plant-based diet: over 70% of grains and soy grown in North America feed livestock, not people. Over 65% of the adult population worldwide have trouble digesting lactose (dairy). By always providing well-labeled plant-based options, we ensure that everyone is welcome at the table. **Plant-based is the most equitable menu there is!**

### EARTHSAVE CANADA

Mailing: 170 - 422 Richards Street, Vancouver, BC V6B 2Z4  
604-731-5885 | [office@earthsave.ca](mailto:office@earthsave.ca)

Canadian Registered Charity # 12995 4707 RR0001

[earthsave.ca/donate](http://earthsave.ca/donate)

# VEG DIRECTORY

Metro  
Vancouver  
& beyond  
2018

Vegan, Vegetarian & Veg-friendly  
restaurants, retailers & more



Earthsave Canada

SAVE THE EARTH ONE BITE AT A TIME

[earthsave.ca](http://earthsave.ca)

Winter 2018

EARTHSAVE CANADA VEG DIRECTORY  
V - vegan | VT - vegetarian  
VF - veg-friendly | L - licensed | D - delivery  
NEW - new additions | V\* - some honey

## DOWNTOWN / YALETOWN / GASTOWN / WEST END

**Culver City Salads - V** | (Truck)  
Hours and location vary | culvercitysalads.com | 604-306-0383  
**Rolling Cashew - V** | (Truck)  
Hours and location vary | rollingcashew.ca | 778-239-5180

**Gorilla Food - V, D**  
gorillafood.com | 637 E Hastings  
604-428-4440 | Daily: 11am-7pm

**Indigo Age Cafe - V** | 436 Richards (D'town) | 604-622-1797  
indigoagecafe.com  
Mo-Sa: 10am-8pm, Su: 12pm-4pm

**The Juice Truck - V** | 604-719-8861  
West Cordova & Cambie | Closed during winter | thejuicetruck.ca

**Kokomo - V** | Opens Spring 2017  
Gore @ Main (Chinatown)

**Loving Hut Express - V** | (Truck)  
Pacific @ Davie (Y'town)  
604-780-1029 | lovinghutvancouver.ca  
Th-Sa: 11:30am-4pm (weather pending)

**Vegan Pudding Co - V** | (D'town)  
422 Richards | 778-379-0545  
veganpuddingco.com  
Mo-Sa: 11am-7pm (no seating)

**Vegan Supply Retail - V**  
250 E Pender (C'town) | 604-428-0863  
vegansupply.ca \*Daily: Opens June, 2017\*

**Virtuous Pie - V, D** | (Chinatown)  
583 Main St | 604-620-0060  
virtuouspie.com | Su-Th: 11am-10pm, Fr-Sa: 11am-11pm

**Meet in Gastown - V, L** | 12 Water Street (G'town) 604-696-1111 | meetonmain.com  
Su-Th: 11am-11pm, Fr-Sa: 11am-12am  
**Meet in Yaletown - V, L** | meetonmain.com | 1165 Mainland St | 604-696-1165 | Sun-Thurs: 11am-11pm, Fr-Sa: 11am-1am  
**Chomp Vegan Eatery - V, D**  
2234 E Hastings | 604-917-0201  
chompveganeatery.com  
We-Su: 12pm-8pm

**Chickpea Food Truck - V**(D'town) 884 W Cordova | 778-385-2382 ilovechickpea.ca | Hours and location vary

**Persephone Snug - V, L**  
43 W Hastings | Daily 5pm-late | thesnug.ca

**Vegan Cave - V** 415 Abbot Street  
604-423-4211 | vegancave.ca | Mon-Sat: 11am-10pm, Sun: 12pm-7pm

**Tama Organic Life - V** 2828 E Hastings St | 778-379-6322 | tamaorganic.com | Sun-Tues: 9:30am-4pm, Wed-Sat: 9:30am-6pm

**Glory Juice - V\*** 100-1066 W Hastings  
gloryjuiceco.com | Mon-Fri: 7am-6pm

**Lucha Verde - VT** (W/End) 1326 Davie | 604-669-8620 | luchaverde.com

**MELU Juice & Health Bar - VT**  
1110 W Pender (D'town) | melujuice.com  
778-379-6358 | Mo-Fr: 7:30am-7:30pm, Sa-Su: 10am-5pm

## EAST

**Eternal Abundance - V**  
1025 Commercial (Grandview)  
604-707-0088 | eternalabundance.ca  
Daily: 9am-9pm (Su: to 8pm)

**Fairy Cakes - V** | (Riley Park)  
3586 Fraser | fairycakescupcakes.ca  
604-442-9866 | We-Su: 11am-7pm

**Lupii Cafe - V** | 7743 Champlain (K'reney) | lupii cafe.com | Check website for events

**Panz Veggie - V, D** | (Riley Park)  
3485 Fraser | 604-564-3485  
Tu-Su: 11:30am-9pm | panzveggie.com

**Vegan Pizza House - V, D** (Kensington)  
2119 Kingsway | veganpizzahouse.ca  
604-248-5336 | Su-We: 3pm-10:30pm, Th-Sa: 11am-10:30pm

**The Acorn - VT, L** | (Mt Pleasant)  
3995 Main | theacornrestaurant.ca  
604-566-9001 | Daily: 5:30pm-late, Brunch Sa-Su: 10am-2:30pm

**The Arbor - VT, L** | (Mt Pleasant)  
3941 Main | thearborrestaurant.ca  
604-620-3256 | Daily: 11am-12am

**Bandidas Taqueria - VT, L**  
2781 Commercial | 604-568-8224 | bandidastaqueria.com  
Su-Th: 9am-12am, Fr-Sa: 9am-1am  
AND Food truck | Hours and location vary

**Best Quality Sweets - VT** | (Sunset)  
7260 Main | Daily: 9am-8:30pm | 604-324-6677

**Budgie's Burritos - VT, L** | 44 Kingsway (Mt Pleasant) | 604-874-5408  
budgiesburritos.com | Daily: 11am-12am

**Café Deux Soleils - VT, L** | (Grandview)  
2096 Commercial | cafedeuxsoleils.com  
Mo-Fr: 8am-12am, Sa-Su: 9am-12am

**Café Du Soleil - VT** | 2096 Commercial (G'view) | 604-254-1195 | Daily 9am-11pm

**Chau Veggie Express - VT, L** | (Kensington)  
5052 Victoria | 604-568-9508  
chowatchau.ca | Tu-Su: 11:30am-7:30pm

**Doan's Craft Brewing - VT** | 604-559-0415  
1830 Powell (G'view) | Fr-Sa: 12pm-11pm, Sun: 12pm-10pm | doanscraftbrewing.com

**Po Kong Vegetarian Restaurant - VT**  
1334 Kingsway (Kensington)  
604-876-3088 | Daily: 10:30am-9/9:30pm  
pokongvegetarian.ca

**Sun Bo Kong Vegetarian - VT**  
1363 Kingsway (Kensington)  
Daily: 11am - 9pm | 604-255-8927  
sunbokong.com

**Sweet Cherubim Restaurant - VT**  
1105 Commercial (Grandview)  
604-253-0969 | sweetcherubim.com  
Daily: 10am-8pm (Su: 11am-7:30pm)  
Vancouver Veggi Pizza - VT, D  
7229 Main (Sunset) | 604-327-4445  
Daily: 4pm-11pm (Fr-Sa: to 12am)

**Veggiebowl - VT** | 2222 Kingsway (Kensington) | 604-620-7672  
We-Thur: 11am-8pm, Fri-12pm-9pm (closed Tuesday)

## WEST

**3G Vegetarian - V** | (South Cambie)  
3424 Cambie | 3g-Veg-restaurant.com  
604-568-9008 | Daily: 11am-9:30pm

**Dharma Kitchen - V, L** | (Kits)  
3667 W Broadway | 604-738-3899  
dharmakitchen.ca | Daily: 12pm-10pm

**Edible Flours - V, D** | edibleflours.ca  
2280 W Broadway (Kits) | 604-734-8351  
Tu-Sa: 8:30am-6pm, Su: 10am-4pm

**Chickpea Restauraunt - V**  
4298 Main Street | 604-620-0602 | Mon-Thurs: 11am-11pm, Fri-Sat: until 12am, Sat-Sun open: 10am

**Meet on Main - V, L** | meetonmain.com | 4288 Main (Mt Pleasant) | 604-696-1010 | Sun-Thurs: 11am-11pm, Fr-Sa: 11am-12am

**The Juice Truck (Cafe) - V**  
28 W 5th (Kits) | thejuicetruck.ca  
604-260-6943 | Mo-Fr: 7:30am-6pm, Sa-Su: 10am-4/5pm

**Lotus Seed Vegan - V**  
736 West Broadway (Kits) | lotusseed.ca  
604-563-3368 | Mon-Fri: 8am-8pm  
Sat: 10am-8pm

**Virtuous Pie - V, D** | (UBC)  
3339 Shrum Lane | 604-428-1060  
virtuouspie.com | Daily: 10am-10pm, Fri-Sat closes 11pm

**Soil - V** 2408 Main st | 604-428-5859 | Wed-Fri: 11am-8pm, Sat-Sun: 10am-4pm

**Glory Juice - V\*** 2186 W 4th Ave  
gloryjuiceco.com | Mon-Fri: 7am-7pm, Sat-Sun: 8am-7pm

**The Black Lodge - VT, L** | (Mt Pleasant)  
317 East Broadway | 604-428-5911 | blacklodgerestaurant.com | Daily: 5:30pm-12am (Th: to 1am, Fr-Sa: to 2am)

**Chau Veggie Express - VT**  
1689 Johnston (G/Island) | 778-379-9508  
chowatchau.ca | Daily: 9am-7pm

**Heirloom Juice Co - VT** | (Fairview)  
2861 Granville | heirloomjuiceco.ca  
604-730-0022 | Daily: 7am-8pm

**Heirloom Vegetarian - VT, L** | (Fairview)  
1509 W 12th | heirloomrestaurant.ca  
604-733-2231 | Daily: 9am-late  
AND  
1390 Marine Drive | Mon-Fri: 6am-6pm, Sat-Sun: 7am-6pm | 604-281-2241

**The Naam Restaurant - VT, L**  
2724 W 4th (Kits) | 604-738-7151  
thenaam.com | Daily: Open 24hrs

**Olive and Ruby Cafe - VT**  
2839 W Broadway (Kits)  
604-801-9600 | oliveandrubbycafe.com  
Mo-Fr: 8am-6pm, Sa-Su: 9am-6pm

**Sejuiced - VT** | 1958 W 4th (Kits)  
604-730-9906 | sejuicedvancouver.com  
Daly: 9am-8pm (Su-Mo: to 6pm)

**Tera V Burger - VT, D** | 2961 W Broadway (Kits) | 604-336-3575 | teravurger.com  
Daily: 11:30am-8:30/9pm

**UBC Sprouts & UBC Seedlings - VT**  
6138 SUB Blvd & 6371 Crescent (UBC)  
Mo-Fr: 9:30am-4pm

## NORTH VANCOUVER

**Wild Trails Coffe - V** 134 East 14th | 604-988-4372 | wildtrailscoffee.com | Mon-Fri: 9am-5pm, Sat: 8am-5pm, Sun: 12pm-4pm  
**Buddha-Ful - V\***, D | buddha-full.ca  
-106 W 1st | Daily: 8am-8pm  
604-973-0231

AND  
- 102-2120 Dollarton Hwy |

**Nut Tree Cafe - V** | nuttree.ca  
2114 Old Dollarton | 604-990-3556  
Mo-Fr: 8am-7pm, Sa-Su: 9am-5pm

**Tao Organics Cafe - V**  
210-150 W Esplanade | 604-971-5108  
taoorganics.com | Daily: 9am-9pm

**Two Daughters Bakeshop - V**  
121 E 1st | twodaughtersbakeshop.ca  
604-836-2229 | Tues-Fr: 10am-6pm, Sa-Su: 10am-4pm

**Glory Juice - V\*** 125 Lonsdale Ave  
gloryjuiceco.com | Mon-Fri: 7am-7pm, Sat-Sun: 8am-7pm

**The Workshop Vegetarian Cafe - VT**  
296 Pemberton | 604-973-0163  
Mo-Sa: 8am-6pm | theworkshopvegetariancafe.com

## WEST VANCOUVER

**The Good Karma Cafe - VT**  
6750 Keith Rd (Ferry) | 604-922-2203  
Mo-Th: 6:30am-8:30pm, Fr-Su: 5:30am-9:30pm

## ABBOTSFORD & LANGLEY

**Gypsy Trunk - V, D** | (truck)  
604-340-6015 | gypsypassionproject.com

**Veggie Bob's Comfort Food V** | 9044 Glover (Fort Langley)  
604-888-1223 | veggiebobs.ca  
Tu-Su: 11am-8pm (Fr + Sa: to 9pm)

**Delta Pizza & Vegetarian Delite Bakery - VT, D** | 2610 Cedar Park (Abbotsford)  
604-746-3737 | Daily: 9am-7pm

## BURNABY

**Paradise Vegetarian Noodle House V** | 8681-10th | 604-527-8138  
Tu-Sa: 12pm-9pm (closed 3pm-5pm)

## COQUITLAM

**Nulife Living Food Cafe - V**  
108-2957 Glen | 778-807-7292  
livingfoodcafe.com | Mon-Sat: 9am-8pm, Sun: 9am-7pm

## RICHMOND

**4 Stones Vegetarian Cuisine - VT**  
7771 Westminster Hwy | 604-278-0852  
Tu-Su: 11am-8:45pm

## SURREY

**Vegan Pizza House - V, D** 106-11627  
125A Street | veganpizzahouse.ca  
604-930-1735 | Su-We: 3pm-10:30pm, Th-Sa: 11am-10:30pm  
**Akal Veggies - VT** | 12788 - 76A  
604-592-2223 | Th-Tu: 11am-9pm

**GNJ Vegetarian Bistro - VT** | 7310 120th  
778-565-2020 | gnjvegetarianbistro.com  
Daily: 11am-8/9pm (Mo: 12pm, Fr-Sa: 10pm)

**Mahek Chaat House - VT** | 8556-120th  
604-597-3835 | We-Mo: 11:30am-9pm  
AND  
12025 72 Ave | 604 503 1172

**Vancouver Veggie Pizza - VT, D**  
8140-128th | 778-565-3200  
Tu--Su: 4pm-10pm

**Vege Garden Pizza - VT, D** | 604-507-3003  
8383a-128th | Daily: 10am-10pm (Sun from 11am)

**Vegetarian Delite Bakery - VT**  
13140-80th | Daily: 10am-7pm | 604-502-0104

Make friends with the complete, searchable directory

**earthsav.ca/vegdirectory**

(hours may change, phone ahead or check online)

## ISLAND (VICTORIA)

**Cafe Bliss - V\***, D | 556 Pandora  
250-590-5733 | cafebliss.ca | Daily: 11am-6pm

**Green Cuisine - V**  
560 Johnson | 250-385-1809  
greencuisine.com | Daily: 10am-8pm

**Lotus Pond Restaurant - V**  
617 Johnson | 250-380-9293  
Tu-Su: 11:30am/12pm-3pm & 5pm-8/9pm

**Power House Living Foods - V**  
3671 Uptown Blvd | 778-265-3893  
powerhouseliving.ca  
Daily: 10am-6pm (We-Sa: to 8pm)

**Pure Lovin Chocolate - V**  
102-3 Fan Tan Alley | 250-590-0414  
purelovinchocolate.com  
Daily: 11am-6pm (Su: to 5pm)

**Rawthentic Eatery - V, D** | 778-432-4800  
4440 W Saanich | Mo-Fr: 8am-8pm, Sa: 9:30am-7:30pm, Su: 10am-6pm

**Vegan Hippie-Chik Cafe - V**  
1034 Fort | veganhippiechik.com  
778-265-8224 | Mo-Sa: 10am-5pm

**The Very Good Butchers - V**  
1701 Douglas | verygoodbutchers.com  
250-465-1542  
Mo-Sa: 10am-6pm, Su: 11am-5pm

**Be Love - VT, L, D** | 1019 Blanshard  
778-433-7181 | beloverestaurant.ca  
Su-Th: 11am-9:30pm, Fr-Sa: 11am-10pm

**Venus Sophia - VT** | 540 Fisgard  
250-590-3953 | venus sophia.com  
We-Su: 11am-6pm

## ISLAND (NANAIMO)

**Power House Living Foods - V**  
Daily: 10am-6pm | powerhouseliving.ca  
-200 Commercial | 250-591-7873  
-6560 Metral | 250-933-3733

**Rawmbas - VT** | 6581 Aulds  
250-933-1729 | rawmbas.ca  
Mo-Sa: 7am-5pm, Su: 9am-5pm

## ISLAND (DUNCAN)

**Cafe La Vie - V** | 171 Canada 250-597-8168 | Mo-Sa: 8am - 6pm

**Power House Living Foods - V**  
177 Kenneth | 250-732-9366  
powerhouseliving.ca | Daily: 10am-6pm

## ISLAND (OTHER)

**Rawthentic Eatery - V, D** | (Courtenay)  
407b-5th | 250-338-0571 | Mo-Fr: 8am-6:30pm, Sa: 9am-6:30pm, Su: 10am-5pm  
veganrawfoodrestaurant.com

**Earth Mama - VT** | 150 - 4th (Tofino)  
earthmamalove.com | We-Su: 10am-4pm

**Teaz Me Teas - VT** | 4662 Margaret (Port Alberni) | 778-421-0899  
Tu-We: 10:30am-8pm, Th-Sa: 10:30am-9pm



Earthsav Canada  
SAVE THE EARTH ONE BITE AT A TIME